

Kumari



Botanical Name- Aloe Barbadensis Mill.

Family - LILIACEAE

Habitat- It India.it cultivated all over India.

Vernacular names -

English Name - Indian Aloe, Aloe Vera

Hindi Name - Guarpatha, Ghikanvar, Rambans

Malyalam Name Kumara, Kattar Vazha

Marathi Name Korphad, Kunvarpata

Bangali Name - Ghritkumari

Tamil Name - Chirukuttali

Gujrathi Name - Kunwar Path

Telugu Name - Chinna Kalabanda

Oriya Name Kumara

Kannada Name - Lolisara

Synonyms - Ghritkumari, Kumari, Gruha Kanya, Vipulasrava

Morphology

- leaves fleshy, lance-shaped leaves arranged in a rosette, often with spiny margins and white spots, that contain a clear, gel-like substance.

Stem: Aloe vera typically has a short, stout stem, forming a rosette of thick, fleshy leaves.

Flowers:

Color: The flowers are yellow, tubular, and can be up to 3 cm long.

Arrangement: They are borne in cylindrical racemes on a branched panicle.

Fruits: The plant bears loculicidal capsules with dark brown, winged seeds.

Properties -

Rasa-Tikta

Guna-Guru, Snigdha, Pichhila

Virya-Sheeta

Vipaka-Katu

Dosha karma-Helps to balance all three doshas .

Classical categorization -

There is no independent information regarding Ghritkumari observed in classical texts of Ayurveda.

Varities -Aloe Vera Chinensis, Aloe indica.

Dosage -

Leaf pulp1-3 grams

Fresh juice 10-20 ml

Aqueous extract 100-300 mg

Therapeutic uses-

Bhedani - Useful in constipatio

Gulmahara useful in abdominal tumors

Pleehahara useful in spleen disorders, splenomegaly

Yakrut Vruddhihara - useful in hepatitis, hepatomegaly

Kapha Jwarahara useful in fever

Granthihara useful in small tumors,